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Topic: Stress, Resilience and Reasons for Living between Suicidal Ideators and Non- Ideators

Abstract

Suicide is a complex set of behaviours that exists on a continuum, from ideas to actions and involves an act of taking one's own life voluntarily and intentionally. Therefore, suicide ideation constitutes one aspect of suicidal behaviour which comprises of suicidal thoughts or threats devoid of action. Suicidal ideation involves the domain of thoughts and ideas about death, suicide and serious self-injurious behaviours. Suicide is preceded by ideation and ideation arises as a symptom of various risk factors but the majority of individuals who experience suicidal ideation do not attempt suicide. It is therefore important to explain how or why suicidal ideation arises and why even after maintaining and exacerbating it to the point of a possible suicide attempt , some commit suicide and some don't. If one can think of other, alternative ways to solve problems, suicidal ideation can last only for a short while because if on one hand risk factors precipitate suicide, on the other hand protective factors counter act the effects of risk factors. Keeping in view the importance of risk and protective factors in suicide ideation, stress (risk factor), resilience and reasons for living were studied. Sample of the study consisted of 200 respondents which comprised of 100 ideators and 100 non ideators. As getting 100 ideators out of 200 respondents was not possible, researcher had to exceed the identification beyond 200 which had been set as the sample size of the study. Thus, in order to get equal number of suicide ideators and non ideators, it took researcher to approach 542 respondents. Ideators as well as non ideators were further divided according to their gender, thus each group

consisted of 50 males and 50 females making a 2x2 factorial design. Data was collected by using four questionnaires viz., Beck's Scale for Suicide Ideation, Perceived Stress Scale, The Resilience Scale and Linehan's Reasons for Living Scale. ANOVA, t-test and correlation were used to analyze the data. Two way analysis of variance revealed significant main effect of group i.e., whether a respondent is an ideator or non ideator, but insignificant main effect of gender on stress. Females were found to be more stressful than males and ideators were found to score significantly higher than non ideators. Group was found to have significant main effect on both resilience and its dimensions and reasons for living and its dimensions. Significant main effect of gender was not found for any of the dimensions of resilience or total resilience. However, out of the six dimensions of reasons for living, main effect of gender was found to be significant on responsibility to family and fear of suicide only. Group i.e., whether an individual is an ideator or non ideator, had a significant effect on resilience as well as reasons for living except for the fear of social disapproval, on which neither gender nor group had a significant effect. Significant interaction effect of group and gender was found only on fear of suicide, a dimension of reasons for living. Significant negative correlation was found between stress and all dimensions of resilience except for acceptance of self and life in suicide ideators and males. The relevance of the study lies in the fact that suicidal ideation can last only a short while if one can think of other, alternative ways to solve problems. Suicidal feelings may alleviate if the person feels that he or she has something to look forward in the future or has some important reasons for living. As suicide ideation is the entry point into the suicidal process or the beginning of the continuum which starts with suicidal ideas and may or may not evolve to a more serious behaviour. Therefore, it is very important identify the possible risk and protective factors & to provide effective interventions at this stage to prevent an individual to go to the last stage of the continuum.